



# WINGSPREAD

## Wing welcomes AETC ORI team

By Jillian Speake  
12th Flying Training Wing  
Public Affairs

It's time! The final preparations are over and the 12th Flying Training Wing begins a week-long operational readiness inspection.

The Air Education and Training Command ORI kicks off Monday and ends Sept. 20.

During the inspection, about 125 members of the command's inspector general team will test the wing's ability to conduct its training and wartime missions. The team includes augmentees from throughout AETC wings and units.

The team will also identify areas that impact mission accomplishment and programs designed to eliminate waste, improve morale, increase readiness or improve day-to-day operations, according to wing inspector general officials.

"The inspection provides an opportunity to highlight for our higher headquarters the mission accomplishments, best practices and benchmark programs that make Randolph world-class," said Col. John Hesterman, 12th FTW commander. "We're eager to have them validate our programs and processes to confirm we're conducting the best training, support and medical operations possible."

Colonel Hesterman will start the ORI with a wing briefing to the inspectors Monday morning.

The team members will then break away to visit their respective areas of the wing.

As part of the inspection, there will be installation and unit exercises testing the wing's emergency responders. The installation deployment and contingency process will also be evaluated. This will include individual tests of the ability to survive and operate in a contingency environment. Although members of the wing will be the primary focus of these evaluations, AETC people assigned to mobility positions here may be tasked to participate.

The evaluation should be similar to the exercises the wing conducts on a regular basis, said Col. Pat Clyburn, 12th FTW inspector general.

"My advice to everyone is simple," Colonel Clyburn said. "Just do what you would if it were a real-world event and follow things through to their logical conclusion. Our people train year round to respond to emergencies and contingency taskings, just as they are now responding to Hurricane Katrina relief efforts."

During the next week, there may be minor interruptions to normal base activities as ORI evaluations are underway.

The IG work center will be located in the chapel annex today through Sept. 23. Saturday

See ORI on page 6



Senior Airman Chadmun Ferguson of the 12th Medical Group Optometry Clinic examines a patient's eyes Tuesday. Starting Thursday, people who want to make appointments at most 12th MDG clinics will need to call 916-9900 or book appointments on the Web at [www.tricareonline.com](http://www.tricareonline.com). (Photo by Steve White)

## Clinic appointment number changes

Starting Thursday, all Randolph Clinic medical appointments will be booked through the San Antonio Consult and Appointment Management Office.

The new phone number for appointments is 916-9900. People can also schedule appointments on the Internet at [www.tricareonline.com](http://www.tricareonline.com).

Dental appointments can still be made by calling 652-1846 and life skills appointments can still be made by calling 652-2448.

The clinic has also created an automated message system at 945-0411 for nurse advice, non-urgent requests for prescription renewals, and lab and radiology results.

People who want more information about TRICARE services can call Humana Military at 1-800-444-5445.



### Appointment Info (effective Thursday)

Main Appointment Line	916-9900
Dental	652-1846
Life Skills	652-2448
Automated Message System	945-0411

Appointments on the Web:  
[www.tricareonline.com](http://www.tricareonline.com)

# Air Force Aid Society establishes nationwide relief fund

By Capt. Gideon McClure  
Air Education and Training Command Public Affairs

In the aftermath of Hurricane Katrina, the Air Force Aid Society has established a nationwide relief fund to help those Air Force families affected by the hurricane.

Donations to the AFAS Hurricane Relief Fund will be accepted directly from individuals, corporations and organizations, both military and civilian.

Monetary contributions may be made by check or credit card.

See Page 6 for more Katrina relief information

People can make credit card donations to AFAS by calling 1-703-607-3073 or 1-800-769-8951 or by a secure online credit card form located on the Air Force Aid Society Web site at [www.afas.org](http://www.afas.org).

"The Air Force Aid Society's goal is to be there when you need us," said retired Lt. Gen. John D. Hopper, Jr., Air Force Aid Society chief executive officer and former vice commander of Air Education and Training

Command. "Due to the overwhelming number of requests from individuals who want to help, establishing the relief fund will allow us to track contributions and disbursements donated for this purpose. At all times it is important to look out for our fellow Airmen, and at times like this it is even more crucial."

The AFAS is also ready to help people who have been affected by the hurricane. People who need assistance should visit any Air Force Aid Society office, go to the Web site or call the phone number previously given.

12th Flying Training Wing Training Status												
Pilot Instructor Training As of Monday			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS			Aircraft	Required	Flown	Annual	
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	11218.8	11390.7	12,034	
99th FTS	-3.0	-0.6	USAF	236	OPS	37	International	0	T-6A	15844.8	16211.7	17,290
558th FTS	-1.7	-0.8	Navy	49	Advanced EW	22	EW Course	0	T-37B	8139.7	8347.5	8,444
559th FTS	-0.6	-1.0	International	3	Integration	26	Intro to EW	0	T-38C	9358.4	9308.7	10,204
560th FTS	-1.7	-1.4	Total in Training	288	85		0		T-43	4009.1	4020.8	4,293
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.				

### AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 66 Team Randolph members are deployed in support of military operations around the globe



“**PROTECT  
YOUR  
WINGMAN**”

**DUI...**  
**It's a crime  
not a mistake**

**Team Randolph's  
last DUI was  
July 16, 2005**

**Commander's Action Line**

Call 652-5149 or e-mail  
[randolph.actionline@randolph.af.mil](mailto:randolph.actionline@randolph.af.mil)



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

**Col. John Hesterman**  
*12th Flying Training Wing commander*

**Agency Contact Numbers**

<b>12th FTW IG</b>	652-2727
<b>12th FTW Legal Office</b>	652-6781
<b>Base Exchange</b>	674-8917
<b>Civil Engineers</b>	652-2401
<b>Civilian Pay</b>	652-6480
<b>Commissary</b>	652-5102
<b>EEO Complaints</b>	652-3749
<b>Equal Opportunity</b>	652-4376
<b>FW&amp;A Hotline</b>	652-3665
<b>Housing Maintenance</b>	652-1856
<b>Military Pay</b>	652-1851
<b>Randolph Clinic</b>	652-2933
<b>Safety Office</b>	652-2224
<b>Security Forces</b>	652-5509
<b>Services</b>	652-5971
<b>Sexual Assault</b>	
<b>Response Coordinator</b>	652-8787
<b>Straight Talk</b>	652-7469
<b>Transportation</b>	652-4314



**Dedicated  
June 20, 1930,  
Randolph celebrates its  
75th Anniversary in 2005**  
Graphic by Michelle DeLeon

**WINGSPREAD**

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to [wingspread@randolph.af.mil](mailto:wingspread@randolph.af.mil) or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

**Operational readiness inspection time on Randolph**

By Col. Pat Clyburn  
12th Flying Training Wing  
inspector general

It's operational readiness inspection time for the 12th Flying Training Wing, so to say next week is huge would be an understatement.

The inspection provides us in the 12th the opportunity to show the Air Education and Training Command inspector general team how we perform our mission and the many initiatives and innovative programs that we think set us out from the rest.

For the installation as a whole, this is the opportunity to showcase Randolph's host organization and one of the most historic properties in all of the Air Force.

And like many other things that go on at this installation, it is a Team Randolph effort.

I put it this way because beyond the 12th's primary mission of "training the world's best Airmen and aviators today



***“For the installation as a whole, this is the opportunity to showcase Randolph's host organization and one of the most historic properties in all of the Air Force.”***

... for tomorrow" lies a complex and extensive mission supporting the many units that either reside on Randolph or rely on our support from San Antonio and surrounding areas.

Our customer base is diverse and of varying needs, but our customer

relationship holds with it a true spirit of reciprocity. We in the 12th strive to provide the installation with high quality services, be it facility care and construction, communications, transportation, personnel, leisure programs, child care, dining, lodging and others. But it is a shared experience in keeping Randolph looking great as the "Showplace of the Air Force."

Installation security is another area that we count on the diligence and perseverance of all the base residence. Remember, force protection condition changes do not entail just swapping out signs. It means heightened awareness and attention.

So take the extra time and opportunity to let Team Randolph shine even brighter than normal and show the AETC IG team and their many augmentees from around the command how we take care of and secure one of the historic treasures of the United States Air Force.

**Place to call home – defining roots**

By Lt. Col. Tim Cothrel  
5th Bomb Wing staff judge advocate

MINOT AIR FORCE BASE, N.D. (AFPN) – "There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings." -- Hodding Carter, Pulitzer Prize-winning journalist.

My parents are in the process of moving. That is not exactly earth-shaking news for most middle-aged American men, but this is the first time my parents have moved since 1968. Lyndon Johnson was president when they moved into their current house. Men had not yet landed on the moon. The Beatles were alive, well and still together.

My parents didn't move much before 1968, either. In fact, they are moving into what will be only the fourth home they have shared in the 48 years they have been married. In contrast, my wife and I have been married for only six years, and we are already living in home number four.

Why such a difference? Part of it is the changes in American society in general over the past several decades. In agricultural communities, families were tied to the land, and so they stayed in one area generation after generation. As the country became more and more industrialized, we became more and more mobile. Now that we are a post-industrial nation, whatever that means,

we have to be poised to move at a moment's notice.

By the time my son is my age, thanks to the exploding growth of technologies like the Internet and cellular phones, people will probably be in virtually constant motion, whizzing around the country in their hydrogen fusion-powered hovercars watching high-definition animation downloaded to the plasma screens on their palms and their berries with the MP3 ringtones and ... OK, I admit it. I don't really understand what most of that mumbo jumbo even means (as a lawyer, I'm naturally mediocre when it comes to high-tech). But, I seriously do wonder if his generation will ever understand the importance the concept of "home" once had in American culture.

To me, home is, more than anything, about the feeling of belonging somewhere. The word itself creates an instant sense of comfort, familiarity and security. The house my parents are finally leaving remains my home. I lived there from first grade until I left for college. I've been back since for dozens of holidays, vacations and visits. I feel like I could drive there without a map from any point on the continent, guided by sheer instinct. In my heart's eye, no matter where I am stationed, and no matter how plush my parent's new condo turns out to be, that old brick house will always be what I picture when I hear the word "home."

***“Wings make us agile, versatile and flexible to do what must be done where it must be done. Wings keep us moving not only from base to base and house to house but onward, upward and forward in our growth and our performance as individuals and as teams.”***

There are times I envy the stability of my parents' lives. As an Airman, I will never have the roots they take for granted.

I will never get to know a town or a school or a neighbor the way they did. I will never see a seedling oak grow to tower over my house like they did. I will never be able to tell my grandchildren stories about their father's exploits in the very backyard where they are standing.

The Air Force can't give us a life like my parents. To paraphrase Gen. George S. Patton, Jr., as Airmen, we fight where we are told (and win where we fight). The constantly changing needs of the mission and the system of professional development don't permit us to grow such roots. Instead, we get wings.

**See HOME on page 3**



# Being a great wingman takes courage

By Gen. John Jumper  
Former Air Force Chief of Staff

Over the past year, I have stressed the importance of Airmen looking out for one another, especially in light of our alarmingly high suicide rate in 2004.

I asked that we all make the extra effort to look for troubling signs in our co-workers – that we be great wingmen. Our rates have gone down, but each loss that we take is one too many.

The efforts of some great wingmen have saved the lives of some of our comrades in arms, but now I urge each of you to continue to provide mutual support.

In my 39-year career, I have always been proud of how our Air Force takes care of its own. It sets us apart from those in the private sector and it is something I will deeply miss in retirement. This attitude is firmly rooted in the profession of arms and is part of our common Airman culture.

Our inaugural Wingman Day occurred after four months in which 24 Airmen took their own lives. Discussing the stressors we experience, re-emphasizing available supportive services, and talking about what it takes to be a great wingman provided an opportunity for us to join together and examine how we can strengthen our common Airman culture at every level.

Why has focusing on our wingman responsibilities contributed to lowering our suicide rates? I believe part of the answer lies in our core value of "Service Before Self." The foundation of this value is respect – respect for our Air Force, for ourselves, and for our fellow Airmen.

As we give and gain respect, we develop our sense of what it means to be Airmen and create a community to support

***“Being a great wingman means recognizing when other Airmen are in distress and having the courage to care. I am asking each of you to make being a wingman a habit and not just a slogan. Wingman Day isn't nearly enough.”***

those who need our help. Airmen support and protect their fellow Airmen. Airmen help Airmen in need. Airmen work with Airmen to deliver precision results wherever and whenever needed.

Being a great wingman means recognizing when other Airmen are in distress and having the courage to care. I am asking each of you to make being a wingman a habit and not just a slogan. Wingman Day isn't nearly enough.

While providing a good opportunity to reflect on how we take care of our own, simply scheduling one day a year is just a beginning. We must each make a conscious choice each and every day, ensuring that we are thinking, preparing, and acting in accord with our core values and serving as wingmen to our fellow Airmen, whether they are active, reserve, guardsman, or civilian.

We should ask ourselves daily, "Who are my wingmen, how are they doing, and what have I done to support them today?"

That's where "Service Before Self" begins – with you and your teammates. That's what makes our United States Air Force the greatest Air and Space force in the world.



Gen. John Jumper



## HOME

Continued from Page 2

Wings make us agile, versatile and flexible to do what must be done where it must be done. Wings keep us moving not only from base to base and house to house but onward, upward

and forward in our growth and our performance as individuals and as teams.

But in spite of this necessity for regular changes in our jobs, locations, co-workers, etc., the Air Force still manages to give us roots of another kind.

We share history, customs,

traditions, experiences and above all, purpose.

These are the roots that give us our identity and form the ties that bind us to each other, to the past and to the future. They create a neighborhood that has no geographical boundaries but is still as real as any village or parish or

city. We are not just working for the Air Force. We are members of the Air Force. We belong to it and it belongs to us, just like any family or community.

No matter where in the world we go, no matter what mission we perform, every time we suit up, we come home.

## News

# Randolph FSC helps Katrina victims

## Base responds to help those affected by worst natural disaster in United States history

By Jennifer Valentin  
Wingspread staff writer

The victims of Hurricane Katrina will need help for many days to come, and they are mostly depending on the support of strangers from around the world to help them get back to leading normal lives.

Since the disaster, the family support center here has been setting up efforts to help the families in need and to allow Team Randolph members to donate their time and resources in lending a hand.

Currently there are about 150 people displaced by the hurricane staying on base, as well as other displaced people and families who are staying with active duty members off base, according to FSC officials.

The 12th Communications Squadron set up a bank of phones in the FSC to allow displaced people to try to contact their loved ones and make other necessary

calls, such as to their insurance companies or banks.

"The FSC staff is helping people register on the Federal Emergency Management Agency Web site to receive assistance with paying rent," said Beth McKinley, family support center director. "We are also working with the banks on the base to help the senior citizens receive their social security payments and help others set up bank accounts and account transfers. The banks on Randolph have been very helpful."

During the past week, the FSC took the people staying on base to get food stamps and to the American Red Cross to get medicine. They also took them to doctors to get vouchers for medications at local pharmacies. The group of people were also taken to the Alamo Work Source Center in New Braunfels for unemployment insurance.

If anyone would like to open their homes to a person or people in need of a place to stay, they can call the family support center. The staff is currently taking names of those who want to help.

Monetary donations are also being accepted to help displaced families. Checks can be made payable to "Friends of the Family Support Center."

"If anyone has a home they are not using, such as a vacation home at Canyon Lake, that they could donate for a short period of time, this is even a better option," Ms. McKinley said. "But any space, whether a room or a house, is very helpful."

## Avenues to Provide Help

### CASH DONATIONS

American Red Cross at [www.redcross.org](http://www.redcross.org)  
Air Force Aid Society at [www.afas.org](http://www.afas.org)  
Friends of the Family Support Center at 652-5321

### CLOTHING AND SUPPLIES DONATIONS

American Red Cross at [www.redcross.org](http://www.redcross.org)  
Air Force Aid Society at [www.afas.org](http://www.afas.org)  
United Way by dialing 211  
Company Grade Officers Association at 652-1985

### VOLUNTEER WORK

Salvation Army at 352-2000

On Thursday, the FSC staff hosted a picnic for the people staying on base, as well as the off-base families and the active duty members who are hosting them. About 350 people came.

"It's hard to imagine losing everything you own, and we want to help by meeting the needs of as many people as we can," Ms. McKinley said. "Team Randolph will come together during this crisis and show its dedication, doing everything possible to help the hurricane victims."





2nd Lt. Jamie Aguilar  
C-130  
WVANG Charlestown, W.Va.



2nd Lt. Sean Bell  
HC-130  
Moody AFB, Ga.



2nd Lt. Steve Burton  
C-130  
Little Rock AFB, Ark.



Ensign Earnest Clark  
P-3C  
NAS Jacksonville, Fla.



2nd Lt. Dominic Gaskin  
RC-135 (EWO)  
Offutt AFB, Neb.



1st Lt. Jeremy Gould  
KC-135  
McConnell AFB, Kan.



2nd Lt. Thomas Hawkes  
RC-135 (EWO)  
Offutt AFB, Neb.



1st Lt. Kenneth Hills  
B-52H  
Barksdale AFB, La.



2nd Lt. Jorge Izarra  
B-52 (EWO)  
Barksdale AFB, La.



2nd Lt. Vu Le  
HC-130  
Moody AFB, Ga.



Ensign Michael Lombardi  
P-3C  
NAS Jacksonville, Fla.



1st Lt. James Miller  
B-52  
Barksdale AFB, La.



2nd Lt. William Perles  
MC-130P  
Eglin AFB, Fla.



2nd Lt. Rodney Pierce  
C-130  
Pope AFB, N.C.



2nd Lt. Jeremy Sherman  
E-8 Joint STARS  
Robins AFB, Ga.



2nd Lt. Anne Shinoskie  
B-52 (EWO)  
Barksdale AFB, La.



2nd Lt. Forrest Sisson  
C-130  
Yokota AB, Japan



2nd Lt. Kenneth Sterling  
B-52  
Barksdale AFB, La.



Lt. Humberto Valenzuela  
P-3C  
NAS Jacksonville, Fla.



Capt. Richard Verica  
EC-130  
Davis-Monthan AFB, Ariz.

NEWS BRIEFS

RFISD Board of Trustees opening

The commander of the 12th Mission Support Group is seeking volunteers to fill a vacancy on the Randolph Field Independent School District Board of Trustees.

In accordance with Texas law, all applicants must be either a military member (enlisted or officer) or civilian, and must either reside or work on Randolph. The board is composed of five trustees, the majority of whom must be civilian.

All volunteers submitting applications will meet a nomination board. Three nominee's names will be presented to the Texas State Board of Education, which makes the final selection.

An application form may be picked up at the 12th MSG commander's office in the Taj Mahal and turned in before Sept. 16. The selection panel is tentatively scheduled to meet Sept. 21-23.

For more information, call Lt. Col. Jim Andersen at 652-1205.

Wings for Life Program

The Randolph Family Services Center encourages people to volunteer to help the Wings for Life Program in the local community.

Wings for Life is a unique mother and baby program for at-risk women in partnership with the Texas Youth Commission located in Marion, just minutes from Randolph.

Volunteers help with mentoring, construction, landscaping and other projects.

For more information, contact the WFL executive director, Lisa Williams, at 830-743-0308.

RHS students score well on SAT

Randolph High School officials released the Scholastic Aptitude Test scores recently.

Eighty three percent of the seniors took the test and scored an average composite 1034 on the verbal and math tests, compared with a 995 average for Texas students and 1028 for national students.

In verbal tests, RFISD students scored 516, compared to 493 for Texas and 508 for national. In the math portion of the test, RFISD students scored 528, compared to 502 for Texas students and 520 for national students.

MEO office announces programs

The Military Equal Opportunity office reminds Randolph members there are programs designed to eliminate unlawful discrimination and sexual harassment.

The MEO offers an informal and formal complaint system to attempt resolution at the lowest possible level.

The MEO office is located in Building 220, the same building as the U.S. Post Office. To contact the MEO office, call 652-4376.

To report unlawful discrimination or sexual harassment to the hotline, people can call 1-800-616-3775

Members face 'use or lose' leave

Military members may carry over only 60 days of leave into the next fiscal year that begins Oct. 1 unless they have special leave accrual authorized for reasons such as deployments or contingency operations.

For civilian employees, the current leave year began Jan. 9, 2005, and ends Jan. 7, 2006, according to personnel officials. Most employees are subject to the 30-day or 240-hour maximum annual leave carry-over limit.

# CSO graduation set for today

Seventeen Air Force and three Navy aviators receive their navigator and naval flight officer wings during a Combat Systems Officer graduation ceremony here today.

The ceremony is at 10 a.m. in the officers' club.

The guest speaker is Lt. Gen. William Welser III, commander of the 18th Air Force.

The 18th AF is responsible for tasking and executing all air mobility missions.

General Welser is a command pilot with more than 3,500 hours in the C-5, C-141, KC-10, T-1 and more than 20 other aircraft.

Col. Richard Clark, 12th Flying Training Wing vice commander, is presenting the students with their respective service's silver wings or gold wings, as well as presenting four special awards during the ceremony for student achievement.

# FAST TRACK to patient care

## Medical group announces new program for base

By Jennifer Valentin  
Wingspread staff writer

The Randolph Family Care Clinic staff recently announced its new FAST TRACK program for TRICARE Prime enrollees.

In an effort to improve access to care, FAST TRACK provides Randolph patients with another option for medication refills, treating minor illnesses and obtaining lab or x-ray results. The program also gives patients the option to contact a nurse for health care advice. The goal is to provide quick intervention on minor issues, according to 12th Medical Group officials.

The FAST TRACK is located next to the family care clinic and is open Monday through Friday from 7:30-11:30 a.m. and 1-3:30 p.m. Active duty members have priority from 7:30-9 a.m. during those days.

To make a FAST TRACK appointment, patients can call central appointments at 945-0411. When arriving at the clinic for a FAST TRACK appointment, patients should

check in at the family care clinic desk. While some patients prefer a walk-in appointment rather than a scheduled appointment, there may be a wait since the patients with scheduled appointments will have priority.

Walk-in patients will be accepted on a space available basis from 8-11 a.m. and 1-3 p.m.

"We have restructured the family care clinic to expedite our beneficiaries' needs," said Lt. Col. Donna Theriot, family care clinic flight commander. "With the FAST TRACK program and the walk-in clinic, our patients can see a nurse or provider for their minor healthcare problem, lab request, medication refill or for some advice."

The FAST TRACK is not an emergency service or a substitute for routine appointments, 12th MDG officials said. Illnesses requiring a medical exam must be scheduled with the family care clinic.

"The medics of the 12th MDG and the family care clinic want to assure that their customers know they're dedicated to maintaining a high quality of medical care," Colonel Theriot said.

For more information on the program, call 945-0411.



# Combined Federal Campaign kicks off

The 2005 Combined Federal Campaign kicks off this month and runs for six weeks for all Air Education and Training Command bases.

Randolph's campaign runs from Sept. 19 through Oct. 28.

The kick-off breakfast is Sept. 19 at 7 a.m. at officers' club. The prices are \$7.54 for members and \$9.54 for non-members.

Interested people must call their respective unit's keyworker before Thursday to sign up and place their menu order.

The annual fall fund-raising drive allows nearly 4 million federal employees and service members to contribute to more than 1,500 local, national and international nonprofit organizations.

"I want to personally encourage everyone, military and civilian, to contribute to this outstanding program," said Gen. William R. Looney III, AETC commander. "The Combined Federal Campaign is our one great opportunity to give our support to

***The annual fall fund-raising drive allows nearly 4 million federal employees and service members to contribute to more than 1,500 local, national and international nonprofit organizations***



those local, national and international non-profit organizations that help so many in times of need."

In 2004, through the generosity of people around the world, almost \$257 million was raised and provided to charities. The campaign was authorized in 1961 and designated as the uniform fundraiser method for the federal service in 1971. CFC is the largest workplace-charity campaign in the country. Donors may designate which charity or charities

receive their money by filling out a pledge card. Contributions can be made in cash, by check or payroll deduction.

Most important is the fact that on average one in four federal employees or their family members will benefit from the CFC charities this year alone, according to CFC officials.

For more information, visit the CFC Web site at [www.opm.gov/cfc/](http://www.opm.gov/cfc/).

## 2005 CFC KEY WORKERS

### 12th Flying Training Wing

- Maj. Drew Frasch, main POC - 652-5132
- Capt. Lea Devine, 12th Operations Group - 652-4827
- Capt. Grant Vineyard, 12th Mission Support Group - 652-5971
- 2nd Lt. Benjamin Warren, 12th Mission Support Group - 652-5181
- Deb Spice, 12th Maintenance Directorate - 652-6009
- Mark Fisher, 12th Maintenance Directorate - 652-3781
- Maj. Arshad Qureshi, 12th Medical Group - 652-4127
- Capt. Paul Villagran, 5th Group and small tenants - 652-4410

### Air Education and Training Command

- Capt. Troy McGath, main POC - 652-4463
- Tech. Sgt. Linda Woods, Computer Systems Squadron - 652-5735
- Capt. David Cortez, Operations - 652-2390
- Capt. Scott Morris, Inspector General - 652-4277
- Master Sgt. Jackie Vesey, Personnel - 652-5928
- Dana Patterson, Comptroller - 652-3631
- 1st Lt. Christopher Greenstein, International Training and Education - 652-4239
- Capt. Lawrence Noel, Office of Medical Services and Training - 652-6536
- Chief Master Sgt. Mary Kochel, Public Affairs - 652-3964
- Master Sgt. Carolyn DeHate, Command Chaplain - 652-2546
- Capt. Clayton Robinson, Plans and Programs - 652-7842
- Tech. Sgt. Ernest Thompson, Staff Judge Advocate - 652-4511
- Capt. Wade Cornelius, Logistics - 652-3121
- Karen Winnie, Civil Engineer - 652-3240
- Master Sgt. Quentin Benning, Communications - 652-2075
- Master Sgt. Micheal Kirwan, Safety - 652-6607
- Maj. James Lawson, Security Forces - 652-1459
- Susan Jackowski, Services - 652-7634
- Aida Villa, Air Force Security Assistance Training - 652-5961

### Air Force Personnel Center

- Maj. James Smith, main POC - 565-0691
- Master Sgt. Donald Hill, Military Field Operations - 565-4958

### 19th Air Force

- Tech. Sgt. Tia Fish, main POC - 652-3581
- Maj. Darrell Lockhart, Operations Division - 652-6422

### Air Force Manpower Agency

- Tech. Sgt. Danielle Griffith, main POC - 652-5016
- Senior Master Sgt. Raphel Watson Jr., HQ Support Division/Quality Assurance Branch - 652-1421
- 2nd Lt. Kelleah Pitts, 1st Manpower Requirements Squadron/Flight A - 652-2348
- Tech. Sgt. Bill Macchio, Performance Management Division/Performance Planning Branch - 652-5332
- Master Sgt. Michael Tasista, Information Systems Division/Operations Branch - 652-2951
- Capt. David Souza, Competitive Sourcing Division/Procedures/Data Branch - 652-2349
- Tech. Sgt. Tanoo Furr, Human Resources Personnel - 652-2945

### Air Force Recruiting Service

- Master Sgt. Maria Abrego, main POC - 565-0610
- Senior Master Sgt. Daniel Sawatzki, Information Systems Division - 565-0491
- Master Sgt. Ronald Watson, Plans and Resources Division - 565-0567
- Tech. Sgt. Kathleen Wilson, Recruiting Operations Division - 565-0363
- Tech. Sgt. Deshan Woods, Marketing Division - 565-0518
- Senior Airman Berenice Blair, Information Management - 565-0615

### Air Force Services Agency

- Staff Sgt. Guillermo Salazar, main POC - 652-5470

# Hispanic Heritage Month set to begin

By Jennifer Valentin  
Wingspread staff writer

With Hispanic Heritage Month just around the corner, Randolph is putting together a variety of events to help the base celebrate this cultural time.

Hispanic Heritage Month runs from Sept. 15 to Oct. 15 each year. The Department of Defense theme this year is "Hispanic American: Strong and Colorful Threads in the American Fabric."

"The events held during the month-long observance help foster community awareness, understanding and appreciation for the Hispanic culture," said Alma Silva, Randolph Hispanic Council chairperson. "We hold these events to recognize the accomplishments and contributions of Hispanics to humanity."

During the month-long celebration, the base will sponsor three events.

A Latin dance instruction class and a salsa contest takes place Sept. 29 from 4-6 p.m. at the youth center gym. The lessons are limited to 25 people.

The salsa contest will be judged in three categories: mild, medium and hot. A maximum of 10 participants will be allowed per category.

"Our society is a melting pot of different cultures and beliefs that we must embrace and promote," said Capt. Laura Ramos, Randolph Chief of Military Equal Opportunity. "Following this year's theme, we remember and acknowledge the importance of the

Hispanic legacy as a building block of our country."

The Hispanic Heritage Month luncheon will be held Oct. 6 from 11 a.m. to 1 p.m. at the enlisted club. The guest speaker for the luncheon is retired Maj. Gen. Alfred Valenzuela. Various cultural performances will also take place.

A Mexican Fiesta Lunch will be held Oct. 11 at the dining facility during regular lunch hours.

Several cultural decorations will be on display and Hispanic Heritage committee members will be wearing traditional costumes from several Hispanic countries.

All enlisted members and retirees are eligible to purchase a meal during this time.

In 1968, Congress authorized President Lyndon Johnson to proclaim National Hispanic Heritage Week, which was expanded twenty years later, in 1988, to a month-long celebration, according to [www.census.gov](http://www.census.gov).

During this month, America celebrates the traditions, ancestry and experiences of U.S. residents who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean.

Sept. 15 was chosen as the starting point for the celebration because it's the anniversary of independence for five Latin American countries, Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

For more information about the base's events, call

Ms. Silva at 652-6625, extension 3025. People who would like to sign up for the free Latin dance lessons, or obtain tickets to the enlisted club luncheon, can also call Ms. Silva.

For dining facility luncheon tickets, people can call Staff Sgt. Ruby Castaneda at 652-1846.





# Clinic raises cholesterol awareness

By Capt. Jennifer Hatzfeld  
12th Medical Group

September is National Cholesterol Education Month, and together with the American Heart Association and the National Institute of Health, the 12th Medical Group is making sure the public is aware of the link between high cholesterol and cardiovascular disease.

Cardiovascular disease is America's number one killer. According to the National Institute of Health, more than 70 million people in America have one or more forms of cardiovascular disease.

Since many risk factors for heart disease, heart attack and stroke can be changed and controlled by making healthier lifestyle choices, it is important to learn about personal risk factors and how to minimize them. A high level of cholesterol in the blood is a very important risk factor that can be changed or controlled.

According to the most recent guidelines, everyone age 20 and older should have their cholesterol measured at least once every five years. It is best to have a blood test called a "lipoprotein profile" to find out cholesterol numbers.

This blood test is usually conducted after a nine- to 12-hour fast and gives information about:

- Total cholesterol
- LDL: Bad cholesterol, which is the main source of cholesterol buildup and blockage in the arteries
- HDL: Good cholesterol that helps keep cholesterol from building up in the arteries
- Triglycerides - another form of fat in the blood

A variety of things can affect cholesterol levels. These are things you can do something about:

**DIET** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

**WEIGHT** Being overweight is a risk factor for



heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

**EXERCISE** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL cholesterol and raise HDL cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include age and gender. As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise. Heredity also affects cholesterol levels. Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Other risk factors that may increase your risk for heart disease include cigarette smoking and high blood pressure. Research studies can calculate a person's personal risk of developing heart disease or having a heart attack. If interested, people can talk

to a primary care provider about their risk, or go to the following Web site to calculate it: <http://hin.nhlbi.nih.gov/atpiii/calculator.asp>

Therapeutic Lifestyle Changes, or TLC, can help lower LDL cholesterol. The main parts of TLC are:

**TLC DIET** This is a low saturated-fat, low-cholesterol eating plan that calls for less than 7 percent of calories from saturated fat and less than 200 mg of dietary cholesterol per day. The TLC diet recommends only enough calories to maintain a desirable weight and avoid weight gain.

**WEIGHT MANAGEMENT** Losing weight if overweight can help lower LDL and is especially important for those with a cluster of risk factors that includes high triglyceride and low HDL levels and being overweight with a large waist measurement (more than 40 inches for men and more than 35 inches for women).

**PHYSICAL ACTIVITY** Regular physical activity of 30 minutes on most, if not all, days is recommended for everyone. It can help raise HDL and lower LDL and is especially important for those with high triglyceride or low HDL levels who are overweight with a large waist measurement.

Sometimes lifestyle changes aren't enough to get cholesterol levels to the optimum level. A primary care provider can help decide which type of drug is best for individual risk factors.

However, even if drug treatments are used to lower cholesterol, it is important to continue the treatment with lifestyle changes. This will keep the dose of medicine as low as possible, and lower your risk in other ways as well.

For more information about heart disease and cholesterol, there are numerous resources available through the American Heart Association or the National Institute of Health.

Also, the staff members of the 12th Medical Group and the Randolph Health and Wellness Center are always looking to make sure Team Randolph has the information and the tools needed to stay as healthy as possible.

## Waste not, want not when it comes to water

By Jennifer Valentin  
Wingspread staff writer

When it comes to using water, some people tend to waste it instead of conserving it. Base water program officials and the San Antonio Water System Web site offers some tips on how to keep water plentiful.

Randolph, as well as the other military bases in San Antonio, gets its water from the Edwards Aquifer, and is authorized to only use so much.

"Since the Edwards Aquifer will never grow and the amount Randolph can use will never increase, we have to start conserving water now," said Kent Rohlof, base water programs manager. "Conserving water and other natural resources needs to become a habit."

A lot of changes can be made around the home to conserve water.

According to the SAWS Web site, when taking showers, take short showers and use a low-flow shower

head, which often uses less water than taking a bath. If taking a bath, use one to two inches less than what is normally used.

Water and energy can be saved by washing hands with cold water and soap. When washing hands, the water should be turned off while scrubbing and then turned on again to rinse.

When shaving, put a little water in the sink instead of letting the water run. The same can be applied to brushing teeth. It is a good idea to

turn the water off while brushing, according to the Web site.

In the kitchen, when washing dishes, fill the sink with water to rinse pots, pans and other dishes, rather than turning the faucet off and on to rinse them. When running the dishwasher, make sure to always run it with a full load.

For more information on water saving tips, call 652-4668 or visit the Web at [www.saws.org](http://www.saws.org).

### 30 YEARS AGO

in the Wingspread

☆ In the interest of promoting energy conservation on base, the 12th Flying Training Wing commander, Col. Kenneth Fleenor, started using a bicycle to make his official rounds. His bike was equipped with his formal wing commander plate.

☆ Bud Dallman, a former swimming coach on Randolph and a long time employee here, took home five medals in American Athletic Union swimming championships held at the University of Knoxville. Having been in swimming competitions for 50 of his 56 years, he was no stranger to the winner's platform. He has been numbered among the top 10 swimmers in the master swimmers' class for the past four years and held all Texas state records for the free style master's class. He coached the Randolph swim team in 1959 and 1960 to state championships and to top 10 status in the nation.

☆ The 560th Flying Training Squadron invited Henning Huffer of West Germany to visit the squadron. The 30-year-old Huffer had recently completed a solo trip around the

world in a single-engine light airplane, a Mooney Chaparral. He took eight months for the trip and made some 100 landings. The longest leg of the journey was 2,600 miles, 21 and a half hours, from Samoa to Hawaii, which he navigated using only visual flight rules. Huffer said, "the United States is the best for flying and for staying and enjoying yourself."

☆ The 559th Flying Training Squadron set a record of 300,000 accident-free flying hours. No other flying squadron of the Air Training Command had ever flown this many hours without an accident. The record represented 230,000 missions.

☆ In keeping with the tradition of temporary duty assignments, Randolph security policeman, Tech. Sgt. William Trappman, spent 90 days at Eglin Air Force Base, Fla., assisting with security and law enforcement at the tent city set up for refugees from Indo-China. Thousands of refugees were processed through the camp following the fall of South Vietnam to the communists.

### ORI

Continued from Page 1

and Sunday services and daily Masses will take place as scheduled, however all other activities that usually take place in the chapel annex are cancelled.

In addition to the ORI, the inspectors perform three other evaluations, according to wing inspector general officials.

The first is the Contracted Support Activity Inspection, which is an evaluation of base contractors' ability to support the wing mission. The second is the Air Force Weather Standardization and Evaluation Program, which assesses the quality and adequacy of weather technical support. The third evaluation is the Air Traffic Systems and Evaluation Program, which looks at the quality, adequacy and safety of the air traffic systems support to flying operations here.

In conjunction with these evaluations, the IG team will look at six Air Force special interest items, Colonel Clyburn said.

Inspectors will look at the wing's sexual assault deterrence and response program, the sexual assault response coordinator's program management, fitness program management, intelligence support to force protection, credit return management and air expeditionary force management.

The inspection ends with an out-brief Sept. 20 at 11 a.m. in the base theater.

The wing received an overall "excellent" rating from its last ORI in May 2003. That's the second highest rating a unit can receive. The inspector general uses a five-tier rating system of unsatisfactory, marginal, satisfactory, excellent and outstanding.

"As we welcome the AETC team, let's show the inspectors the outstanding things Team Randolph does at the 'Showplace of the Air Force,'" Colonel Hesterman said.



# Ambassadors sought for 2006 events

By Susan Gandy  
12th Flying Training Wing Public Affairs

The search for two ambassadors to represent Randolph Air Force Base in the San Antonio community in 2006 is now underway.

Randolph Ambassadors represent the base at a variety of activities throughout the year such as hospital visits, community parades, dedication ceremonies, and receptions.

Base Ambassadors traditionally begin their responsibilities with the annual visit to the Audie Murphy Veterans Hospital in February.

The Ambassadors will have an opportunity to help kick-off the 115th year of Fiesta that celebrates Texas' independence. Their duties during the annual 10-day Fiesta celebration play a large part in the military's outreach efforts in the community. The 2006 Fiesta runs April 21-30.

Randolph active duty military and Department of Defense civilians are eligible to apply. Applicants must be at least 21 years of age as of February 2006 and assigned here through September. Candidates must also be nominated by their commanders or supervisors.

A selection panel will interview the candidates Dec. 9 and select two ambassadors, one male and one female, based on appearance, bearing, communications skills, and general



Ambassadors 2nd Lt. Grant Hosmer and 1st Lt. Zarine Malesra give cards made by Randolph elementary students to a patient at the Audie Murphy Veterans Hospital in San Antonio during the Valentine's for Vets observance in February. (Archive photo)

knowledge of San Antonio and the Air Force.

All applicants are encouraged to coordinate with commanders and supervisors to ensure duty schedules will permit participation in all activities, and that no obligations, such as planned temporary duty assignments, school and other personal issues, will prevent them from performing ambassador duties.

The best advice the current ambassadors, 1st Lt. Zarine Malesra and 2nd Lt. Grant Hosmer, have for those interested in applying for the position is to be flexible and realize that the job requires dedication, motivation and commitment.

"I feel by serving as an ambassador I was able to experience a once-in-a-lifetime opportunity," Lieutenant Malesra said. "If I had the chance to do it all again I would in a heartbeat."

The most rewarding part of this program is the opportunities it provides to interact with the community,

Lieutenant Malesra said.

"The visit to the Audie Murphy Veteran's Hospital and interacting with veterans was one of the most highly rewarding experiences I have ever had," she added. "Also, the interaction with community leaders, schools and the rest of the community allows one to truly appreciate all the riches San Antonio has to offer."

Lieutenant Hosmer echoes his counterpart's words of encouragement for those thinking about applying for the program.

"Being an Ambassador was a great way for us to share and showcase the many outstanding things the Air Force and Randolph are involved in with the local community," he said. "Every opportunity to interact with the public left me with a great appreciation for the support the San Antonio area provides for its military community."

"The duties of an Ambassador are sometimes fast paced but well worth the commitment. I encourage anyone proud of their service and willing to share that pride to apply. They will not be disappointed."

Randolph members interested in applying as an ambassador can pick up an application at the wing public affairs office in the west basement of the Taj Mahal, Building 100.

For more information, call 652-4407 or 652-4410.

## Air Force Personnel Center forms deployed spouses group

By Jennifer Valentin  
Wingspread staff writer

A new group has arrived at the Air Force Personnel Center, geared toward military spouses separated from deployed loved ones.

The AFPC Spouses Group was established in April and has been going strong ever since.

"Spouses are so important to our career," said Tech. Sgt. Mark Reuss, AFPC Spouses Group president. "Promotions, decorations and awards mean a lot, but it means even more if your spouse is there to enjoy the moment with you, through good and bad. They are always there."

Pam Connors, AFPC Spouses Group vice president, started a similar program at Ellsworth Air Force Base, S.D., for its mission support squadron, after the 9/11 attack.

"This was met with great appreciation and the positive feedback was not only from the spouse, but also from the deployed member," Ms. Connors said. "Knowing there was someone back home to help their family was a great comfort to the military members, and helped them concentrate on their mission."

The group has several functions, Sergeant Reuss said. The primary goal is to maintain a deployed support group and help the family members who are left behind during deployment or remote tour.

"We know that deployments are tough on everyone," Sergeant Reuss said. "Having a friend contacting you on a regular basis, doing something as little as offering to mow your lawn, as well as something as big as providing you a person that you can talk to, are priceless."

The group is available if spouses need someone to

talk to, listen to them or help with issues.

Since forming in April, the new group has enjoyed success. The group assisted the Soldier and Family Assistance Center by donating bottles of water to soldiers recovering from burn wounds. They also sponsored a cookie drive where a truckload of homemade cookies was provided to the soldiers and their families.

In the future, the group hopes to expand its membership and its responsibilities.

"To be successful with this type of group, support is needed from the senior leadership at AFPC," Sergeant Reuss said. "We have received immense support from our leadership. From the moment the idea of a spouses group was developed, they have been behind us every step of the way."

The group is always looking for new people. If interested, call Sergeant Reuss at 565-0650.

# RFISD to get new fine arts facility

By Jennifer Valentin  
Wingspread staff writer

Even though this school year is already off and running, district officials are looking ahead to next year, when they will acquire a new fine arts center at the high school.

Randolph Field Independent School District will welcome the addition of the \$3.5 million center, which will house band, choir and art students, starting in the 2006-2007 school year.

"This is a project that our staff and community have been requesting for a number of years," said Dr. Barbara Maddox, RFISD superintendent. "We have outgrown our current facilities as more and more students have shown interest in becoming part of our fine arts program."

The new center will be located at the south end of the existing secondary campus adjacent to the middle school classroom building.

"Currently, we house our band program in the school gym, in a room

that doesn't function very well as a band hall, and that is too small to accommodate our students," said Art Cavazos, RFISD executive director of finance and support. "Yet in spite of this, our band has excelled over the years."

The new fine arts center will have 18,000-square feet of floor space. It will house classrooms for band, choir and art, as well as spaces for a kiln room, courtyard area for art, and a practice area for choir.

The band, will have a rehearsal hall, percussion practice room and state-of-the-art soundproof and acoustically designed practice rooms.

The new center will also have a uniform and instrument storage area, a room for instrument repair and a technical room for computer-assisted instruction.

The exterior of the center will be masonry with bricks that matches the existing buildings on campus.

"Our daily struggle to provide Randolph military students the best education includes finding ways to



This graphic representation shows what the Randolph High School fine arts center will look like when complete in time for the 2006-2007 school year. The facility will house the band, art and choir programs. (Courtesy of RFISD)

provide facilities that support our instructional and co-curricular programs that are known for their excellence," Mr. Cavazos said. "I am proud we are able to find a way to fund and build this facility."

Satterfield and Pontikes Construction Company will build the new center.





For five years, from 1957 to 1962, Randolph was home to a squadron of 42 KC-97 tanker aircraft that were used for training crews of the Strategic Air Command. (Photos courtesy the Air Education and Training Command history archives)

# Cold War brings changes to Randolph mission

## Base history from 1953 to 1972

*This article is the ninth in a series celebrating the 75th anniversary of Randolph Air Force Base.*

By Bob Hieronymus  
Wingspread staff writer

When an armistice ended the fighting in Korea in 1953, all Air Force training missions were re-evaluated. Open hostilities may have ended, but a new kind of worldwide conflict called a "Cold War" took center stage.

The Air Training Command had 43 primary installations at the war's end in 1953, but within five years that was reduced to 25. Total ATC manning went down, also, from 158,000 to 87,400, and the number of aircraft in the training inventory went from 4,700 to 2,800.

The reduction in training personnel, however, was not matched elsewhere in the service. Total Air Force strength, which was at the 400,000-level when the Korean War began, surged to over 950,000 over the next three years. Cold War requirements, together with force levels supporting the Vietnam conflict, kept total service manning above the 800,000-level for most of the next 20 years. The Air Force reached a high of 127 active duty wings in 1955.

For Randolph, the training requirements related to the Korean War meant responding to changes. North Korean forces stormed across the demilitarized zone

into South Korea on June 25, 1950, and one month later Randolph was tasked to repeat the bomber crew training program it conducted in the closing months of World War II. Basic pilot training classes then in place were allowed to finish, the last of them graduating in July 1951. The base's resources were then dedicated totally to bomber crew production.

Crew training was a concept in which the 10-man heavy bomber crews spent two or more months learning how to integrate their individual specialties into a combat team. Headquarters for the Crew Training Air Force was located here with the mission of managing the integration of crews for long range, strategic bombers. As many as 78 B-29 bombers were stationed here from 1950 through 1955. In line with this Cold War mission, the base also hosted a crew training squadron of KC-97 tankers for the Strategic Air Command from 1957 to 1962.

Also in the mid-50s, Randolph was home to three very different aircraft units. A squadron of C-119 twin-engine, medium lift cargo aircraft trained here for a year and a half. During that time, these crews also flew a series of relief missions into Central America where a hurricane devastated parts of Honduras.

The base also hosted a squadron of the new B-57 bombers for crew training. That aircraft had a very short Air Force career because of maintenance problems that sometimes reduced its commission rates to less than 10 percent.

Following those two short-lived programs, Randolph was home for a year to a helicopter pilot

training program, using H-13, H-19 and H-21 models. That program was moved to Stead Air Force Base, Nev., in 1957 to be co-located with the Air Force survival school.

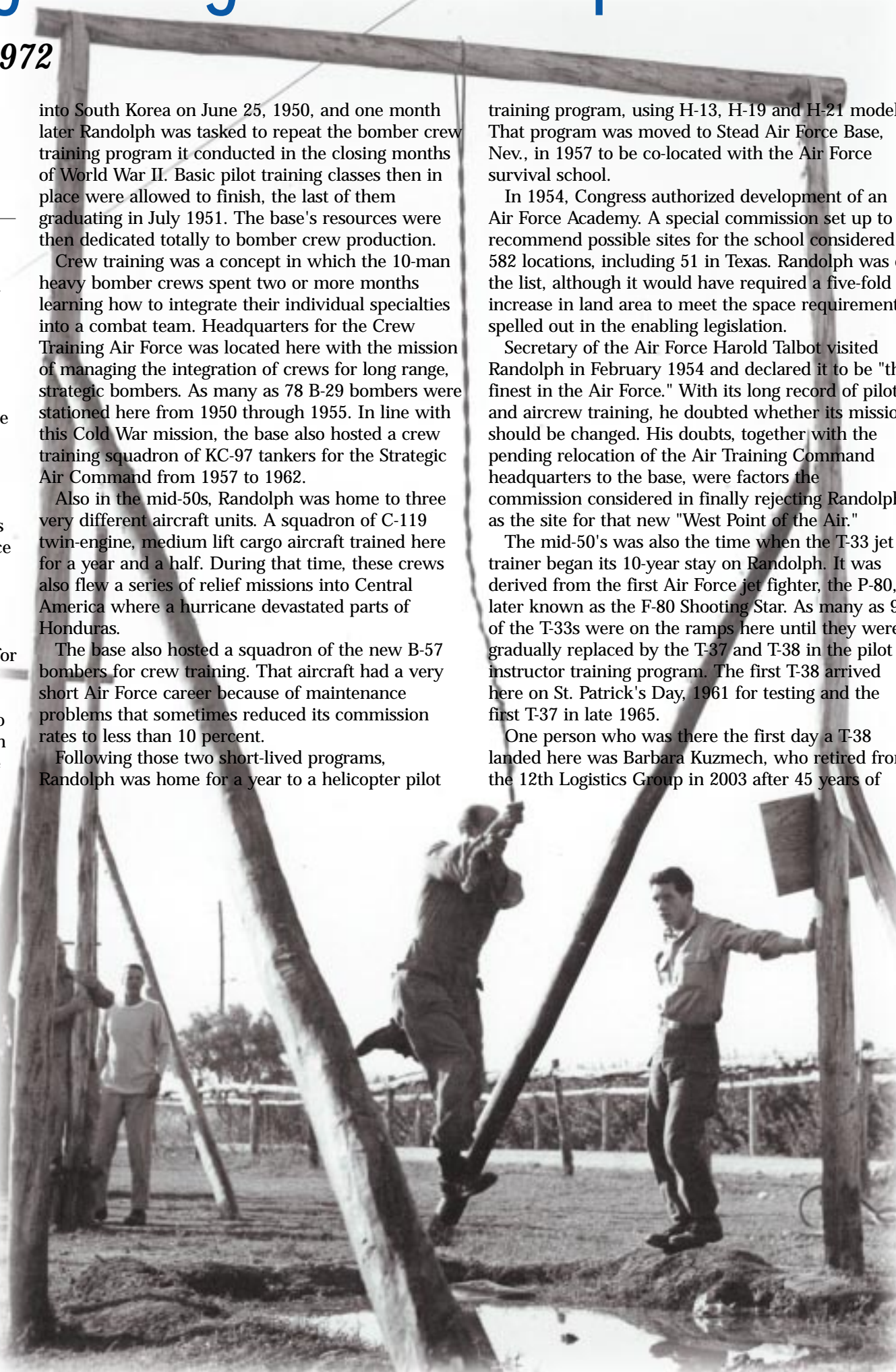
In 1954, Congress authorized development of an Air Force Academy. A special commission set up to recommend possible sites for the school considered 582 locations, including 51 in Texas. Randolph was on the list, although it would have required a five-fold increase in land area to meet the space requirements spelled out in the enabling legislation.

Secretary of the Air Force Harold Talbot visited Randolph in February 1954 and declared it to be "the finest in the Air Force." With its long record of pilot and aircrew training, he doubted whether its mission should be changed. His doubts, together with the pending relocation of the Air Training Command headquarters to the base, were factors the commission considered in finally rejecting Randolph as the site for that new "West Point of the Air."

The mid-50's was also the time when the T-33 jet trainer began its 10-year stay on Randolph. It was derived from the first Air Force jet fighter, the P-80, later known as the F-80 Shooting Star. As many as 97 of the T-33s were on the ramps here until they were gradually replaced by the T-37 and T-38 in the pilot instructor training program. The first T-38 arrived here on St. Patrick's Day, 1961 for testing and the first T-37 in late 1965.

One person who was there the first day a T-38 landed here was Barbara Kuzmech, who retired from the 12th Logistics Group in 2003 after 45 years of

**In the decade of the 1950s Randolph kept a confidence course as part of its aircrew training program.**







Aircrew members practice parachute falls from the jump platform on Randolph in this common scene during the time when the base was the site for crew training in the 1950s.

federal service. "Even today, it gives me a thrill every time I see a T-38 take off," she said at the time of her retirement. "Remember that first T-38 on Randolph in 1961? I remember it well because it was flown by a Colonel Buck and it was out of commission for parts the moment it hit the ground."

Another first for Randolph in 1961 was the arrival of the first T-39 Sabreliner for use in the Instrument Pilot Instructor School. The IPIS was transferred here from James Connally AFB at San Marcos. Randolph became known internationally as the place for premier training in instrument flight procedures, a reputation that continues even today through the Air Force Advanced Instrument School.

Beginning in the early 1960's, events in Southeast Asia shouldered their way into Air Force planning and operations. Randolph picked up responsibility for training hundreds of military pilots from South Vietnam, and a few from Latin American and African countries, first in T-28 and then C-47 aircraft. One student pilot of note here in 1965 was a prince, a nephew of the king of Saudi Arabia. During that decade, the Military Assistance Program was reported to have brought trainees from 54 countries through Randolph for pilot, maintenance, civil engineering, safety and hospital training.

Jan. 15, 1964, was a red-letter day for Randolph. Since its earliest days no pilot had ever earned his wings on Randolph. Except for two small experimental classes in 1962 when the training syllabus for T-38 instructor pilots was being validated, pilots received only primary or basic training here.

They did not pin on their wings until after they completed the advanced phase of training elsewhere. On that day in 1964, a class of 21 foreign students were pinned here after completing a full course of pilot training under the MAP.

The war also brought other changes when the pilot instructor training programs were transferred to Perrin AFB, Texas, for the T-37s and to Tyndall AFB, Fla., for the T-38s. Under the leadership of the 3510th Flying Training Wing, Randolph was then back in the business of training undergraduate pilots, but that lasted only until the war started winding down in 1971 and both PIT programs returned.

Through all these changes two constant elements that kept the base moving smoothly were the maintenance and logistics squadrons. With a vast array of different aircraft and engine types, the mechanics and supply chiefs kept the inventory of more than 200 planes in the air and training on schedule. "Zero Defects" was the buzzword of the era as efforts were made throughout the Air Force to focus attention on everyone's responsibility to perform to the highest standards.

An almost forgotten piece of military life in the 1960s was the large cardboard boxes that took up space in corners and hallways around the base. The Medical Material Program for Nuclear Casualties Phase I Kits were located in 48 buildings designated as fall out shelters on the base. The boxes weighed 320 pounds, occupied 28 cubic feet and, according to

the Wingspread of Aug. 11, 1965, were filled with "exotic medical supplies" to be used by trained medical personnel in the event of a nuclear attack. The Cold War and the Soviet Union's nuclear arsenal were ever-present specters that drove national policy and shadowed every military mission.

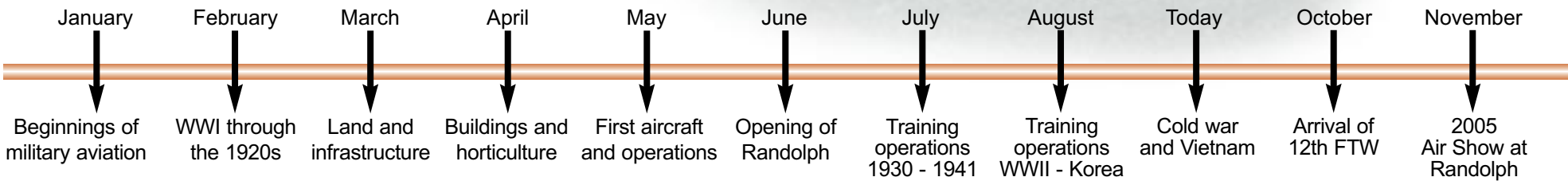
Off-duty time, however, was filled with activities that kept the base humming. The Randolph Ramblers baseball team had its good seasons and some when they did not make the league playoffs, but enthusiasm for the team's efforts was always high. The team won the Air Training Command baseball tournament in 1965, squeaking past the Lowery AFB team 7-6 in the final game.

The base services people reported lively competition in golf, tennis, archery, softball, chess, bowling and various marksmanship categories. Youth on the base had a host of activities tailored to their different age levels and the Randolph Ro-Hawks kept the high school athletic program running at full speed. When Connally AFB at Waco, Texas, was closed, Randolph inherited their recreation camp located at Lake Whitney, 215 miles north of San Antonio, so another option became available for off-duty activities.

Another feature of the period was the active involvement of the chaplains at the unit level. They regularly presented moral leadership lectures, which were mandatory for all assigned personnel.



As many as 78 B-29 heavy bombers were stationed at Randolph from 1950 to 1956 for crew training. The bomber is escorted here by two Randolph T-6 Texan trainers, the main pilot training aircraft that was used here from 1943 to 1951.





# Gunfighters at the corral are OK

## Logistics specialist goes 'Old West' for fun

By Bob Hieronymus  
Wingspread staff writer

One line of the old country music song was, "Don't take your guns to town, son, leave your guns at home."

But for Dave Clark, manager of the general services agency leased fleet in the 12th Logistics Readiness Division, that's one piece of advice he just won't heed.

He takes his guns to town and to just about every kind of convention and fair in the area.

He is one of the South Texas Gunfighters, a group of western history enthusiasts and part-time actors. Emphasis is on the acting and less on the historical side of the truth, but as Mr. Clark says, "We do it for fun!"

It all started for him in 1973 when he won a raffle for a black powder rifle in Minnesota where he grew up. He started to research old weapons and soon joined a group of historical re-enactors, people who dress in period costumes and to provide a carefully staged and historically accurate presentation of what life was like in their selected period of history.

In Mr. Clark's case, he took on the persona of "Lobo," a French Canadian voyageur who traded for furs in the early 1800s in the Rocky Mountains.

When he moved to Texas in 1983, Mr. Clark brought his fascination of early history with him and soon was involved in local living history groups.

Tiring of the strictly controlled but historically accurate kinds of presentations, he hooked up with some people who performed for fun in old West costumes.

"It's like being a kid again," he said. "When the Gunfighters put on a show, it's to entertain," he said falling back into his stage accent, "and, by cracky, we have fun doin' it!"

In his character of the judge, Mr. Clark said he



Dave Clark (second from right) plays a sheriff in a faded white hat and Old West garb in preparation for a performance with fellow actors in the South Texas Gunfighters entertainment troupe. (Courtesy photo)

gets to pass judgment on the low life, gun-toting criminals his less-than-straight-shooting sheriff brings to him.

Playing the part with all the comedy and slapstick he can muster, he delivers his one-liners with a raspy, thigh-slapping laugh. The absence of a script and all the creative improvisations of his six-man crew keeps the crowd laughing. Sometimes even the gunfighters are surprised by the unplanned twists in the plot of their own skits, he said.

If there were a safe firearms club, the Gunfighters would be charter members, Clark said. Since guns are used in their skits, they make sure every safety precaution is strictly implemented. They get together from time to time to load their own blank cartridges, passing the rounds from one person to the next to assemble the various components and crimp in the Styrofoam "bullets" that disintegrate when the guns are fired.

"But the noise they make is real," he added. Although the group does get paid for the 60 or so conventions, tours and fairs where they perform each year, they appear without pay at the Texas Folk Life Festival.

Their favorite gig, Mr. Clark said, is doing the telethon for the Muscular Dystrophy Association. They have a special reason for liking it because one member in their group is an MD victim. He said it is always a thrill to perform at the MDA camps where young victims of the disease and their caregivers have a chance to get out and enjoy something totally different.

Whether playing the part of the Wild West judge, or a sheriff or a bandito, Mr. Clark is much more than a GSA fleet manager.

He comes to life as an imaginary character who thrives on making people laugh. His guns may be loaded with blanks but he shoots straight to the funny bone.

# Baby-proof your home for peace of mind

By Jennifer Valentin  
Wingspread staff writer

As a parent, it's your job to make sure your baby's environment is safe for learning and growing.

When your home is baby-proof, it helps protect the baby from getting into dangerous situations.

The base child development center and the Parenting Thoughts Web site offer tips for keeping homes safe.

According to the Web site, parents should get on their hands and knees and look around their home from a "baby's eye view."

"New babies can't take care of themselves, so it is up to us, as the adults, to ensure their environment is safe," said Femi O'Grady, CDC annex director. "We want our babies to grow up in a safe place so they have a great start in life."

Parents should watch for small or sharp things, and anything babies can put in their mouths.

Floors and tables should be kept free of coins, cigarettes, dust balls, paper clips, staples or anything smaller than 1 1/2 inches that the baby could eat. Knives, scissors and razor blades should also be kept out of the baby's reach.

"Keep in mind that babies learn about



Georgette Sides, lead teacher supervisor, puts away chemicals at the child development center annex. Chemicals should always be placed away from a child's reach. (Photo by Jennifer Valentin)

their environment by putting everything in their mouth," Ms. O'Grady said. "The floors should be free of objects that could become a choking hazard to a baby."

Electrical outlets should be covered with plastic plugs that can be bought at a hardware store.

Lamp cords should be kept out of the way and behind furniture, and portable fans should be moved up high.

It's also important for parents to

watch out for poisons. Poisons not only include cleaning supplies, but also alcohol, cigarettes and even some houseplants.

Medicine, whether vitamins, over-the-counter or prescription, can also be dangerous and even lethal to babies. According to the Web site, it is a good idea for parents to keep the number for Poison Control close by, as well as keep a bottle of Syrup of Ipecac in the medicine cabinet.

"Parents should remember that their

baby is growing and developing, mentally and physically, so the environment should be kept healthy so they can thrive in it," Ms. O'Grady said.

Safety gates should be installed at the top and the bottom of open stairways, and kept fastened at all times when the baby is around.

Once a baby can stand, they may use furniture around the home to pull themselves up. According to the Web site, wobbly tables and other furniture items should be removed or fixed, because they could possibly tip over. Bookcases should be fastened to the wall if they aren't sturdy.

Parents should especially watch out for dangling electric cords, tablecloths or curtains that the baby could pull down or get tangled in. In the kitchen, keep pot handles turned toward the back of the stove.

"The child development center offers many resources for new parents such as articles, handouts and pamphlets on a variety of information," Ms. O'Grady said. "We will be happy to answer any questions parents may have about making their home safer for their newborn."

For more information, call the child development center annex at 652-1140 or visit [www.parentingthoughts.org](http://www.parentingthoughts.org).



# HAWC, gym experts provide fitness test tips

*This article is the first in a series providing information about preparation for the Air Force Fitness test.*

By Jennifer Valentin  
Wingspread staff writer

With physical training tests on the horizon for many military members, it's important to know how to prepare for the test throughout the year.

The base fitness center and the base Health and Wellness Center offer tips on how to be ready when your turn comes.

"While it's a good idea to peak your workout intensity the month before your test, you should be exercising all year to work toward that month," said Patrick Fay, fitness programs manager. "By doing this, you can handle the extra push you give yourself."

By trying new exercises throughout the year such as biking, running or swimming, people can build up their different muscles and be prepared for their PT test, Mr. Fay said.

"If you sit idle all year, and then decide to push yourself the month before the test, you can really hurt yourself," he said.

Mr. Fay said the great support of the command has helped people be more motivated to exercise more.

"We have seen an increase in fitness center facility usage," he said. "Our numbers average about 10,000 people per week. We encourage people to take advantage of the great facility, equipment and classes we offer."



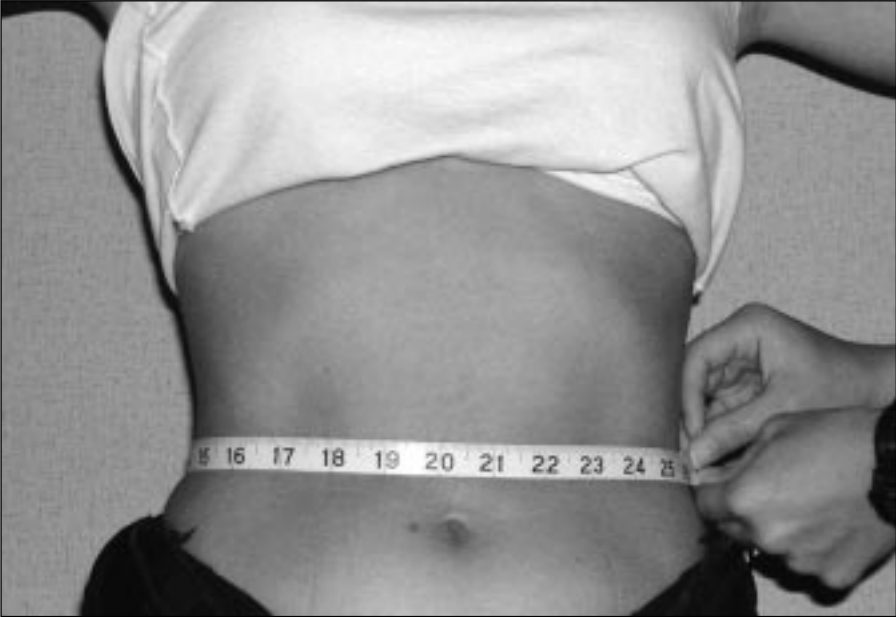
When preparing for the PT test, people should try a new variety of exercises, but should also improve their diet. Kim Houk, HAWC exercise physiologist, suggests people visit [www.mypyramid.org](http://www.mypyramid.org).

"This Web site displays the new, updated food pyramid which is a more individualized approach to nutrition based on age and gender," added Ms. Houk.

The Web site helps people see the guidelines available to ensure healthy eating habits. It also helps people figure out their daily intake from the food pyramid and how much physical activity they need.

"The site helps people make smart choices from each of the food groups, find a balance between food and physical activity, and get the most nutrition out of their calories," Ms. Houk said.

When dieting or trying to improve eating habits, some people think it is necessary to cut



Exercise and proper dieting go hand-in-hand in trimming the waistline in preparation for the Air Force fitness test. (Photo by Jennifer Valentin)

carbohydrates from their diet, Mr. Fay said.

"This is not the case, because people who are very active need carbohydrates in their diet as fuel," he added.

The HAWC offers a variety of classes geared toward helping people eat right, focusing on losing weight and cardiovascular health.

For more information on fitness and diet tips, call the HAWC at 652-2300 or the sports and fitness center at 652-4311.

## Improve golf swing with fitness

By Capt. Jon Sams  
12th Medical Operations Squadron

The incredible achievements of Tiger Woods highlight a new athleticism associated with a sport that was once considered "leisurely."

Today's professional golfers, both men and women, are faster, more flexible and more powerful than ever before.

They are more health conscious, participating in rigorous daily training, including weight lifting, flexibility exercises, aerobic conditioning and sport specific training to enhance body mechanics.

According to the American Physical Therapy Association, a health-conscious approach is just as important for the amateur golfer as it is for the professional.

Awareness of proper form and the importance of fitness and flexibility will help recreational golfers improve their game and may even lower that all-important handicap.

Keith Kleven, a physical therapist who works with a number of prominent professional golfers including Tiger Woods and Mark O' Meara, said a golfer often spends hundreds of dollars on the latest equipment but forgets that his or her body is the most important piece of equipment.

The pros make it look easy, but the golf swing is actually one of the most difficult and complicated movements among all sports, requiring stability in some joints and flexibility in others.

Bending the knees before swinging, rotating the hips and spine during the golf swing and using proper range-of-motion techniques throughout the swing play a large role in preventing injuries.

As an added bonus, a better swing results in a more accurate ball strike, greater distance and reduced stress on the muscles and joints.

Weekend golfers often attempt to swing with the

***“Awareness of proper form and the importance of fitness and flexibility will help recreational golfers improve their game and may even lower that all-important handicap.”***

speed and force of professional athletes and often after sitting behind a desk all week and without warming up first. When the weekend comes, they hit the links and blast the golf balls as far as possible.

Seven to eight times a golfer's weight is compressed into the spine with each swing. With this kind of force, it's easy to damage discs and strain muscles. In fact, the most common injuries among golfers involve the spine, including the upper back, lower back and neck.

Flexibility is as important as proper form. Golfers of all ages and abilities should make a habit of warming up and stretching beforehand. It is important for golfers to spend at least 20 minutes warming up and stretching all the major muscle groups, especially the back and lower extremities, before practice or play.

Cardiovascular conditioning also plays a crucial role in performance. Fatigue can result in poor performance due to a lack of coordinated body movements.

To keep endurance up and muscles warm and conditioned, golfers should walk the course whenever possible. Aerobic conditioning and strength training are excellent injury prevention tools that can ultimately help golfers improve their game.

For more details, call the physical therapy clinic at 652-3137.

### Fit to Fight

The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test.



90 percent and above  
Air Education and Training Command  
Saida Hage  
560th Flying Training Squadron  
Keith Sanders

#### Intramural Bowling

Standings			Stats	
As of Aug. 29			TEAM SCRATCH GAME	
Team	W	L	Team	Score
AMO	14	2	AFPOA	938
AETC/CSS	12	4	AFPC/ESC	855
AETC/FM	12	4	CPTS	778
CS	12	4	TEAM HANDICAP GAME	
SVS	10	6	Team	Score
SFS	10	6	AETC/CSS	1141
AFPC	8	8	AFMA	1064
AFSAT	8	8	AETC/CONS	1050
DFAS	8	8	SCRATCH SERIES	
AFMA	8	8	Men	Score
AFPOA	8	8	Bob Pope	660
CPTS	8	8	Chris Goelz	633
AETC/LG	6	10	Jim Layman Jr.	628
AFSVA	6	10	Women	Score
340 FTG	6	10	Wanda Gailan	660
OSS	6	10	Becky Hester	487
JPPSO	4	12	Lisa Pellerin	410
AETC/CONS	4	12	SCRATCH GAME	
AFPC/ESC	4	12	Men	Score
MED GP	4	12	Allen Rutter	246
TEAM SCRATCH SERIES			Jim Miller	242
Team	Score		Andy Anderson Jr.	237
AFPC	2871		TEAM HANDICAP SERIES	
SVS	2552		Women	Score
AFSVA	2334		Lori Trainor	180
TEAM HANDICAP SERIES			Wanda Gailan	161
Team	Score		Deb Hayes	145
AFSAT	3305			
AMOMS	3218			
DFAS	3119			

### SPORTS BRIEFS

#### Coaches needed

The fitness center is looking for qualified coaches for the 2006 Varsity Men's and Women's basketball team. The season runs from September through March.

Teams will play in local league tournaments and through out the state. Interested parties will need to fill out an Air Force Form 303 and submit it to the fitness center.

For more information, call Rikk Prado at 652-2955.

#### Weigh to Win

A Weigh to Win class meets today from 8-9:30 a.m. and again Sept. 21 from 1-2:30 p.m. The class focuses on making changes in exercise routines and eating habits.

For more information or to sign up, call the Health and Wellness Center at 652-2300.

#### Freedom 5-kilometer run, walk

The fitness center holds a 5-kilometer run and walk in remembrance of the

9/11 tragedy at Eberle Park Monday beginning at 9 a.m. T-shirts will be given to the first 150 participants.

Sponsored by Gatorade, Aquafina and Propel.

#### Circuit Challenge

A circuit challenge is scheduled for Sept. 21 from 11-11:45 a.m. or noon to 12:45 p.m. in Hangar 71, the fitness center annex. People can test their fitness level against a friend or co-workers or challenge themselves.

#### Tobacco Cessation

The Health and Wellness Center hosts a tobacco cessation class Tuesday from 10:30-11:30 a.m. and 5-6 p.m.

For more information on the class or to sign up, call 652-2300.

#### Fit Mom class

The Health and Wellness Center holds a Fit Mom class for expectant mothers Sept. 20 from 1-2 p.m.

For more information or to sign up, call 652-2300.